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## ISEFT Trainer Meeting 27-28 August 2019

### Draft Program

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#### Day 1, Tuesday 27 August

<b>Morning</b>	<b>Welcome &amp; Training in EFT Relational Processes</b>
<b>Part 1</b>	<b>Introductory/Welcome (30 min):</b> Check-in & Introducing new training programmes
<b>Part 2</b>	<b>Training in EFT Relational Processes:</b> Didactic/discussion format; topics: <ul style="list-style-type: none"><li>• Empathy Training (75 min): Exercises, philosophy &amp; principles. Video/resonance exercises; micro-skill approach; task-based exercises; role of theory.</li><li>• Other Relational Processes (75 min): Training in psychological contact, relationship building, working with vulnerability, presence, congruence, self-disclosure, rupture work etc</li></ul>
<b>Afternoon</b>	<b>Experiential Training Demonstrations (90 min): Relational &amp; Task Processes</b>
<b>Part 3:</b>	<b>Opening channels of empathic receptivity:</b> exercise demonstration and discussion
<b>Part 4:</b>	<b>Break-out session (90 min):</b> Experiential Training Exercise / Demonstrations: Three senior trainers do presentations how to run training on a particular task, then demonstrate and narrate what they do. Three parallel sessions: <ul style="list-style-type: none"><li>• Systematic Evocative Unfolding for Problematic Reaction Points</li><li>• Compassionate Self-Soothing for Anguish/Vulnerability</li><li>• [either: Two Chair Work for Conflict Splits or Empty Chair Work for Unfinished Business]</li></ul>



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#### Day 2, Wednesday 28 August:

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| <b>Part 5: Morning Topics</b>   | <ul style="list-style-type: none"><li>• Standardization of different levels of training to allow for different training to mesh</li><li>• Getting a coherent message on case formulation</li><li>• Facilitator roles &amp; methods</li></ul> |
| <b>Part 6: Afternoon Topics</b> | <ul style="list-style-type: none"><li>• Bridging training into practice</li><li>• Problems and difficulties in training (open forum)</li><li>• Training the trainers/more advanced training in EFT</li></ul>                                 |

#### Further information on the Trainer Meeting:

- We have space that will hold up to 100 people sitting in semi-circles:
- Inner circle: We estimate attendance by 25 Trainers (listed on website as Trainers & Institute-based Trainers); these folks will include presenters and other trainers expected to be more active in discussions.
- Outer circles: In addition, we should be able to accommodate up to 75 others in more of an observer role; these will include training organisers, facilitators & Trainers in training (nominated by their institutes).